

**ADULT/FAMILY/YOUTH | DROP-IN PROGRAM SCHEDULE | WINTER 2018 | JAN 7 - MAR 31**

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**NO Leader-led Programs and Kid's Den on Statutory Holidays.** \*Schedule subject to change.. Please visit [edmonton.ca/FacilityNotifications](http://edmonton.ca/FacilityNotifications) for updates on closures or class cancellations.

**DROP-IN DRYLAND SCHEDULE** Beginner/Family Friendly (8+) classes are in PINK. All other classes are for patrons 13+ yrs  
 For Program Descriptions and Intensity Ratings, please see below

PROGRAM RATING ↑	SUN	MON	TUES	WED	THU	FRI	SAT
<b>BOOT CAMP (MPR4)</b> *SF = STROLLER FRIENDLY			7:45-8:45PM		7:30-8:30PM	10:30-11:30AM *SF (GYM)	
<b>CIRCUIT TRAINING (GYM)</b>		9:15-10:15AM					
<b>CORE EXPRESS xx</b>		10:20-10:40AM (GYM)	10:30-10:50AM (STUDIO) 7:10-7:30PM (MP2)	7:25-7:45PM (MPR4)			
<b>FLEXIBILITY &amp; MOBILITY xx</b>		7:10-7:30PM 8:10-8:30PM (MPR3)			7:05-7:25PM (MPR4)		10:10-10:30AM (MPR2)
<b>HIIT (MPR4) xx</b>							9:15-10AM
<b>LIVING FIT (MPR4)</b>					10:30-11:30AM		
<b>POWER PUMP (MPR4)</b>	9:30-10:30AM			7:50-8:50PM			
<b>SPIN (FTC)</b>	10:45-11:30AM xx	6:15-7pm xx	6:15-7PM xx	6:30-7:15PM xx			
<b>STEP (BEG) (MPR4)</b>				10:45-11:45A M			
<b>STROLLERCIZE (GYM)</b>			10:30-11:30AM				
<b>TABATA INTERVAL TRAINING (MPR4)</b>		7:15-8PM xx					
<b>TOTAL BODY BARRE (ST) xx</b>	8:30-9:15AM		11:45AM-12:30 PM	6:30-7:15PM			
<b>TOTAL BODY BLAST (MPR4)</b>		6:15-7PM xx Women's Only	9:15-10:15AM (GYM)		9:15-10:15AM (GYM) 5-5:45PM		
<b>TOTAL BODY STRENGTH (GYM)</b>				9:15-10:15AM		9:15-10:15AM	
<b>WALKING FOR HEALTH (TR)</b>			9:30-10:30AM			9:15-10:15AM	
<b>YOGA - CHAIR (MPR2)</b>				11:30AM-12:30 PM			
<b>YOGA - FLOW (MPR2)</b>				6:15-7:15PM			10:45-11:45AM
<b>YOGA - HATHA (MPR2)</b>	9:30-10:30AM 10:45-11:45AM	7:10-8:10PM	9:15-10:15AM	9:15-10:15AM	10:30-11:30AM 6:15-7:15PM	9:15-10:15AM	
<b>YOGA - HATHA GENTLE (MPR2)</b>		10:45-11:45AM	12-1PM			10:30-11:30AM	
<b>YOGA PILATES FUSION (MPR2)</b>		6-7PM					
<b>YOGA - POWER (MPR2)</b>					7:30-8:30PM		
<b>YOGA - YIN (MPR2)</b>				7:30-8:45PM (& MEDITATION)			
<b>YOGA - YIN/YANG (MPR2)</b>			6-7PM				
<b>YOGA - RELAX &amp; RESTORE (MPR2)</b>	7:30-8:30PM		7:45-8:45PM				
<b>ZUMBA (MPR4)</b>	10:45-11:45AM	9:30-10:30AM 8:15-9:15PM	6:30-7:30PM	9:30-10:30AM 6:15-7:15PM	9:15-10:15AM	12-1PM 6-7PM	10:15-11:15AM
<b>ZUMBA - GOLD (MPR4)</b>			10:30-11:30AM				
<b>ZUMBA - STRONG (MPR4)</b>					6-7PM		

**ROOM DESCRIPTIONS :** \*Gym: Gymnasium, \*MPR3: Multi-Purpose Room 3, \*MPR4: Multi-Purpose Room 4, \*MPR6: Multi-Purpose Room 6, \*TR: Track

## ACTIVITY DESCRIPTIONS

### Program Name, Intensity Rating & Program Description/Information

<b>BOOT CAMP</b>	3-5	Personalized whole-body workouts that are both challenging and fun! Prepare to be pushed! Please note: for “Stoller Friendly classes, children must remain in stroller or within arm’s reach at all times.
<b>CORE EXPRESS</b>	1-3	Get to the Core of the matter in 20 minutes. We will work you through a variety of abdominal and lower back exercises to improve your core strength, posture and balance.
<b>FLEXIBILITY &amp; MOBILITY</b>	1-2	Increase range of motion, flexibility and mobility. This class will utilize various myofascial/trigger point techniques as well as stretching, range of motion and mobility exercises to get your body moving freely and without pain.
<b>H.I.I.T.</b>	3-5	This high intensity interval training class will take you through a total body workout using a variety of different timed sets. Expect to get sweaty as your instructor takes you through a series of intense anaerobic exercises and lower intensity recovery intervals.
<b>LIVING FIT</b>	2-4	Exercises specifically designed for the active older adult, a variety of cardio and resistance training exercises will keep you moving and strong for the daily activities of life.
<b>POWER PUMP</b>	2-4	This class uses barbells and plates to get a total body workout focusing on building strength. Instructors will lead you through this hour-long workout while keeping the environment safe and motivating.
<b>SPIN</b>	3-5	Enjoy a fun group cycling class that combines cardio training and muscle conditioning. Follow the instructor through exercise routines set to music. Spin Bike Tickets will be available 30 minutes prior to class time. Please pick up one ticket per person per class from the Admissions Desk.
<b>STEP (BEG)</b>	2-4	This choreographed class is made up of an invigorating cardio component followed by resistance work and stretching. This class is designed for beginners and those new to Step. No Step experience is required.
<b>STROLLERCIZE</b>	2-4	A high/low cardio and strength class that allows a parent to exercise while spending time with their child(ren). All children must remain strollers.
<b>TABATA INTERVAL TRAINING</b>	3-5	This class will take you through a total body workout that is fun and fast paced. Each set of Tabata is four minutes long alternating between twenty seconds of max training followed by ten seconds of rest for a total of eight round
<b>TOTAL BODY BARRE</b>	2-4	Set to upbeat music, Barre combines movements from Ballet, Pilates and Yoga while using the barre, light weights, and resistance bands.
<b>TOTAL BODY BLAST</b>	3-4	A well-rounded workout that will increase your metabolism alternating between cardio drills and strength building exercises. All levels welcome.
<b>TOTAL BODY BLAST - WOMEN'S ONLY</b>	3-4	A well-rounded workout that will increase your metabolism, alternating between cardio drills and strength building exercises. This class is designed specifically for women, taught by a female instructor. All levels welcome.
<b>TOTAL BODY STRENGTH</b>	3-4	Train all your muscles using your body weight and portable equipment focusing on strength in a functional way for your daily activities. All levels welcome.
<b>WALKING FOR HEALTH</b>	2-4	Take a walk around the track with an experienced instructor. The use of light weights and other exercises may be used.
<b>YOGA - CHAIR</b>	1-3	In chair yoga, traditional yoga poses are adapted so that they can be safely done sitting in a chair or using a chair for support, making yoga more accessible for people challenged by standing for long periods or mobility in moving to and from the floor. In addition to a healthy stretch, benefits of chair yoga include: improved muscle tone and range of movement in the joints, better breathing habits and stress reduction."
<b>YOGA - FLOW</b>	2-4	Intended to be the perfect place to begin and gain comfort and confidence with flow style yoga. While connecting breath to movement, we flow from pose to pose at a slower pace to build flexibility, strength & mindfulness, at times pausing to investigate poses & bring awareness to the specifics of alignment. This class will build strength, stamina and deepen balance.
<b>YOGA - HATHA</b>	2-3	This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture.
<b>YOGA - HATHA GENTLE</b>	1-2	Intended for beginners, those with special concerns or injuries and those who simply desire a slower pace in which to develop greater personal body and breath awareness with attention to alignment and detail. Learn more about yoga and improve flexibility, alignment, strength & balance in a gentle achievable practice that is relaxing, calming and stress-relieving.
<b>YOGA - POWER</b>	4-5	Intended for experienced yogis. Inspired by the Ashtanga practice, this class connects breath to movement and flows at a faster rhythm to increase stamina, strength, flexibility and balance. It begins with a series of sun salutations and standing postures, including balancing and inversions, followed by more challenging floor poses.
<b>YOGA - RELAX &amp; RESTORE (R&amp;R)</b>	1-2	Intended for everybody. Relax & Restore your body and mind. R&R is a blended Yin and Restorative-style deep stretch and meditative focused class. This class promotes deep tranquility for the body and mind through supportive poses with the use of props so that you can relax completely and open gently.
<b>YOGA - YIN</b>	2-3	Intended for everybody looking for a deep release. Yin yoga is a meditative style of yoga, practiced mainly on the mat, where deep stretches are held for long periods to challenge the mind to surrender and allow the body to open. It focuses on the body’s connective tissues; ligaments, tendons, and fascia – with the aim of increasing circulation in the joints and improving flexibility.
<b>YOGA - YIN/YANG</b>	2-4	Intended for everybody looking for a great combination class. Balance your practice with the strong Yang energy created by dynamic poses mixed with the calm, relaxing poses of Yin held for longer to cool and stretch your tissues and joints.
<b>YOGA &amp; MEDITATION</b>	2-4	A meditation component is added to your Yoga practice. Yoga was originally created to help prepare, train and condition the mind and body for longer periods of meditation. Whether you are just starting your meditative journey or you have a seasoned practice, this class will give you the opportunity to practice yoga and meditation in a group setting.
<b>YOGA PILATES FUSION</b>	2-3	Intended for everybody. Increase your stability, strength, and flexibility while improving your mind-body connection with the combination of Yoga and Pilates.
<b>ZUMBA</b>	2-4	A Latin-inspired dance fitness class. Have fun moving to Latin music – join the party! Great for all fitness levels. <b>For Family Friendly classes, children must be 8 years or older to attend.</b>
<b>ZUMBA - GOLD</b>	1-3	Featuring Latin rhythms, Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.
<b>ZUMBA - STRONG</b>	3-5	STRONG by Zumba™ is a brand new fitness class brought to you by the creators of Zumba. STRONG is not a dance class but is a stand-alone new fitness class format. This class combines high intensity interval training with Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Strong is a High Intensity, total body workout that uses your own body weight for a workout like no other.

INTENSITY RATING SCALE: 1 = V.Light Intensity Exercise | 2 = Light Intensity | 3 = Moderate Intensity | 4 = Vigorous Intensity | 5 = Max Effort Intensity